

## Our Intent

At Kingsley, we believe that Physical Education is a beautiful opportunity to develop the whole child. Children are entitled to a rich, broad and balanced PE curriculum. Through PE, children should develop behaviour and attitudes that will benefit them throughout school life and beyond.

## How do we do this?

- **We utilise the resource, PE Hub, and it aims that Children should:**
- Experience a broad range of activities through curriculum PE time, including gymnastics, dance, games, outdoor Education, athletics, and swimming.
- Know how to stay fit, healthy, and active and enjoy doing so, choosing to engage in physical activity and sport in their own time.
- Learn to win and lose, support others and be supported, showing sportsmanship and good character.
- Work as part of a team towards a common goal as well as individually improving their performance.
- Be allowed to be creative in a range of activities.
- Play competitively, respecting officials and other players.
- Develop spiritually, morally and culturally through diverse activities and opportunities.

## **Quality physical Education can develop the whole child:**

- Strengthening thinking and decision-making skills.
- Building and increasing confidence and self-esteem.
- Developing character and resilience.
- Enhancing their commitment and desire to improve.
- Allowing opportunities for enjoyment, fun and to be free-spirited
- Fostering feelings of safety and security